

## 14. CURRENT CIGARETTE SMOKING

**Measure Definition:** *“Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days, or not at all?” [Yes to smoking at least 100 cigarettes and currently smoking everyday or some days]*

### Why is cigarette smoking important to public health?

Smoking remains the leading preventable cause of death in the U.S. Approximately 440,000 people die of tobacco use each year and more than 8.6 million people have at least one serious illness as a result of smoking.<sup>29</sup> Smoking increases the risk for many types of cancer including cancers of the lip, oral cavity, and pharynx; esophagus; pancreas; larynx (voice box); lung; uterine cervix; urinary bladder; and kidney. Smokers are 2–4 times more likely to develop coronary heart disease and 10 times more likely to develop peripheral vascular disease than non-smokers. Furthermore, smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS). Smokeless tobacco, cigars, and pipes also have deadly consequences, including lung, larynx, esophageal, and oral cancers.<sup>30</sup>

Secondhand smoke is a known human carcinogen. Exposure to secondhand smoke is associated with an increased risk for lung cancer and coronary heart disease in nonsmoking adults and with low birth weight, sudden infant death syndrome, asthma, pneumonia, ear infections, and bronchitis in children.<sup>31</sup>

Quitting smoking has major and immediate health benefits for people of all ages.

### Risk factors for cigarette smoking

Approximately 80% of adult smokers start before the age of 18. Early initiation of tobacco use has been shown to increase the likelihood of lifetime smoking and the risk for tobacco-related illnesses and mortality.<sup>29</sup> Furthermore, tobacco use is strongly associated with socioeconomic status. U.S. and Utah data show that adults with less education and lower income levels have higher smoking rates. In addition, recent Utah surveys found that Utah’s Black, Native American, and Hispanic male adults are more likely to be smokers than the general adult population.

Youth who smoke are more likely to have friends and family members who smoke, more likely to believe that smoking makes young people look cool or fit in, and are less likely to believe that tobacco use is harmful and addictive. Furthermore, tobacco use in adolescence is associated with a range of other health-compromising behaviors, including being involved in fights, carrying weapons, and using alcohol and other drugs.<sup>32</sup>

### Current cigarette smoking in Utah

The age-adjusted aggregated state smoking rate for the years 2001–2005 was 11.7%. In 2003, approximately 198,000 adult Utahns were current cigarette smokers. Since 2003, Utah’s adult smoking rate has remained below the national Healthy People 2010 objective of 12%. The age-adjusted prevalence of cigarette smoking varied by local health district and ranged from a low of 5.8% to a high of 19.4% (see Figure 14.1). Six local health districts had rates higher than the state rate, four local health districts had rates lower than the state rate, and

**Utah Objective:** Reduce adult cigarette smoking among adults to 11% (age-adjusted to the U.S. 2000 standard population).

**HP2010 Objective 27-1a:** Reduce adult cigarette smoking among adults to 12% (age-adjusted to the U.S. 2000 standard population).

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### Current cigarette smoking in Utah (continued)

two local health districts had rates similar to the state rate. TriCounty had the highest prevalence of cigarette smoking and Utah County had the lowest prevalence.

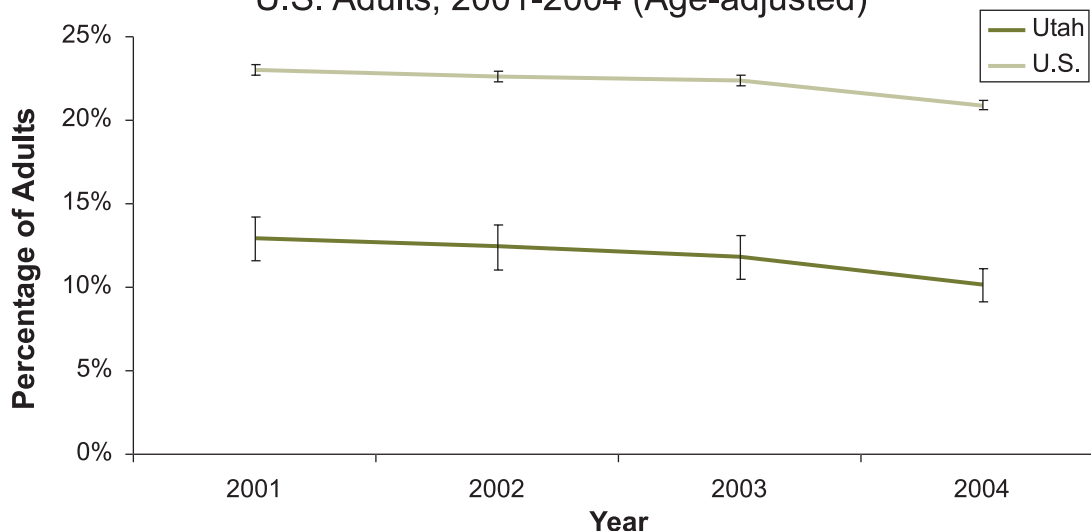
Cigarette smoking among high school students decreased from 8.3% in 2001 to 7.4% in 2005 (Utah Youth Tobacco Survey). In 2005, approximately 10,000 Utah students in Grades 9–12 were current smokers.

When local health districts were separated into their predetermined small areas, data showed that within a local health district some small areas had dramatically higher or lower age-adjusted prevalence rates relative to the district's prevalence rate. For example, in Utah County health district (prevalence 5.8%) the small area prevalence ranged from a low of 0.7% in Provo/BYU to a high of 11.6% in Springville/Spanish Fork; the differences between these small areas were statistically significant. See Figure 14.1 and Table 14 for rates of other small areas.

Overall, the small area with the highest rate of cigarette smoking was South Salt Lake with a rate of 26.0%. The small area with the lowest smoking rate in Utah was Provo/BYU with a rate of 0.7%.

Statewide and U.S. current cigarette smoking has decreased over time from 2001–2005. Since 2003 the state of Utah has met the HP2010 and state objectives to reduce the cigarette smoking rate to less than 12%.

Figure 14.A: Current Cigarette Smoking, Utah and U.S. Adults, 2001-2004 (Age-adjusted)

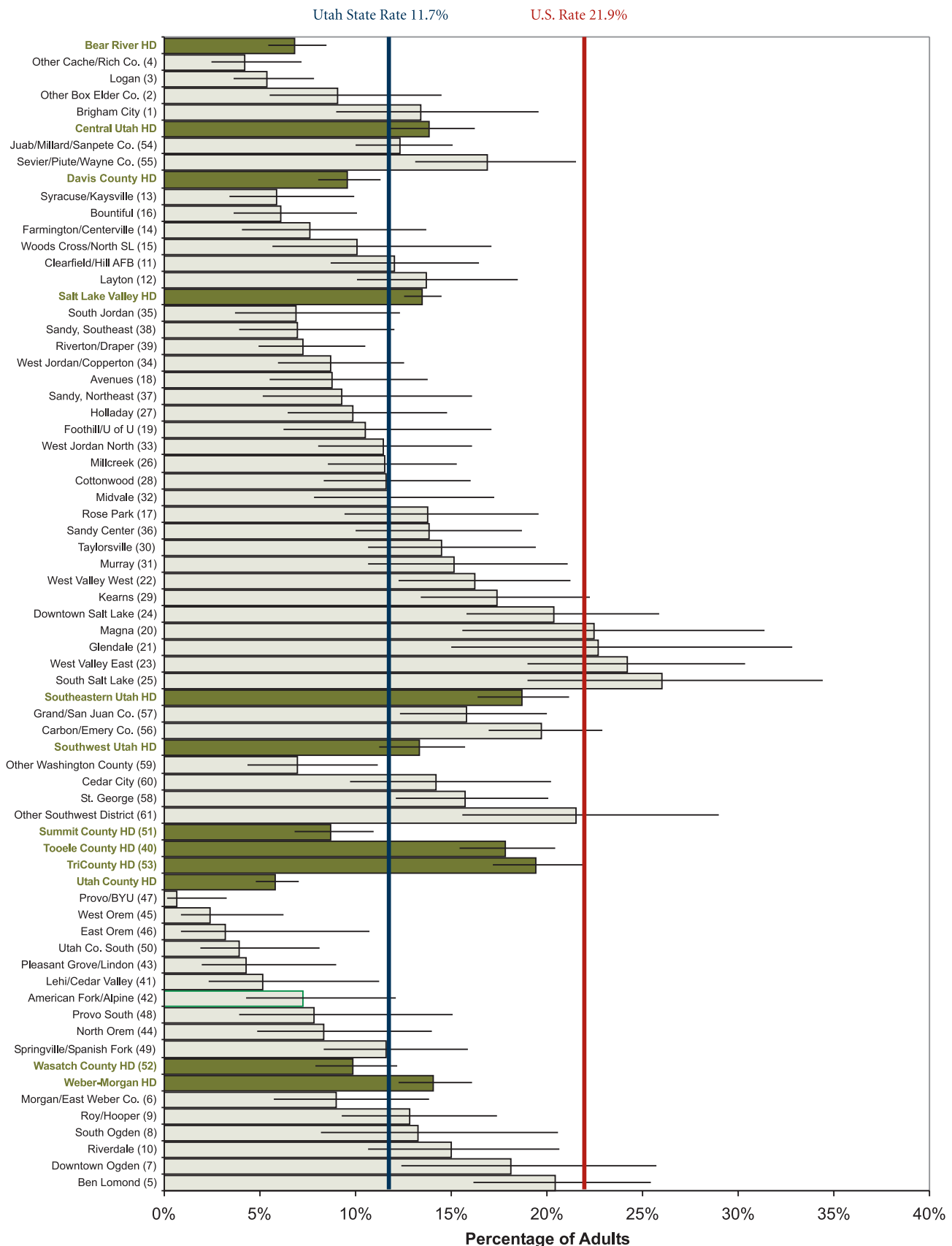


### Prevention/Resources

The Tobacco Prevention and Control Program (TPCP) at the Utah Department of Health and its partners offer comprehensive programs to help smokers quit and prevent youth from starting to use tobacco. These programs include The TRUTH anti-tobacco marketing campaign, telephone-, web-, and group-based tobacco cessation services, and tobacco prevention programs in schools and communities. Efforts to improve tobacco policies aim to protect nonsmokers from secondhand smoke and strengthen tobacco-free norms. For more information about tobacco prevention and control programs in Utah, call the Tobacco Free Resource Line at 1-877-220-3466. To get help with quitting tobacco use, call the Utah Tobacco Quit Line at 1-888-567-TRUTH or visit Utah's online tobacco cessation support program [www.utah.quitnet.com](http://www.utah.quitnet.com).

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Figure 14.1: Percentage of Adults Reporting Current Cigarette Smoking by Local Health District and Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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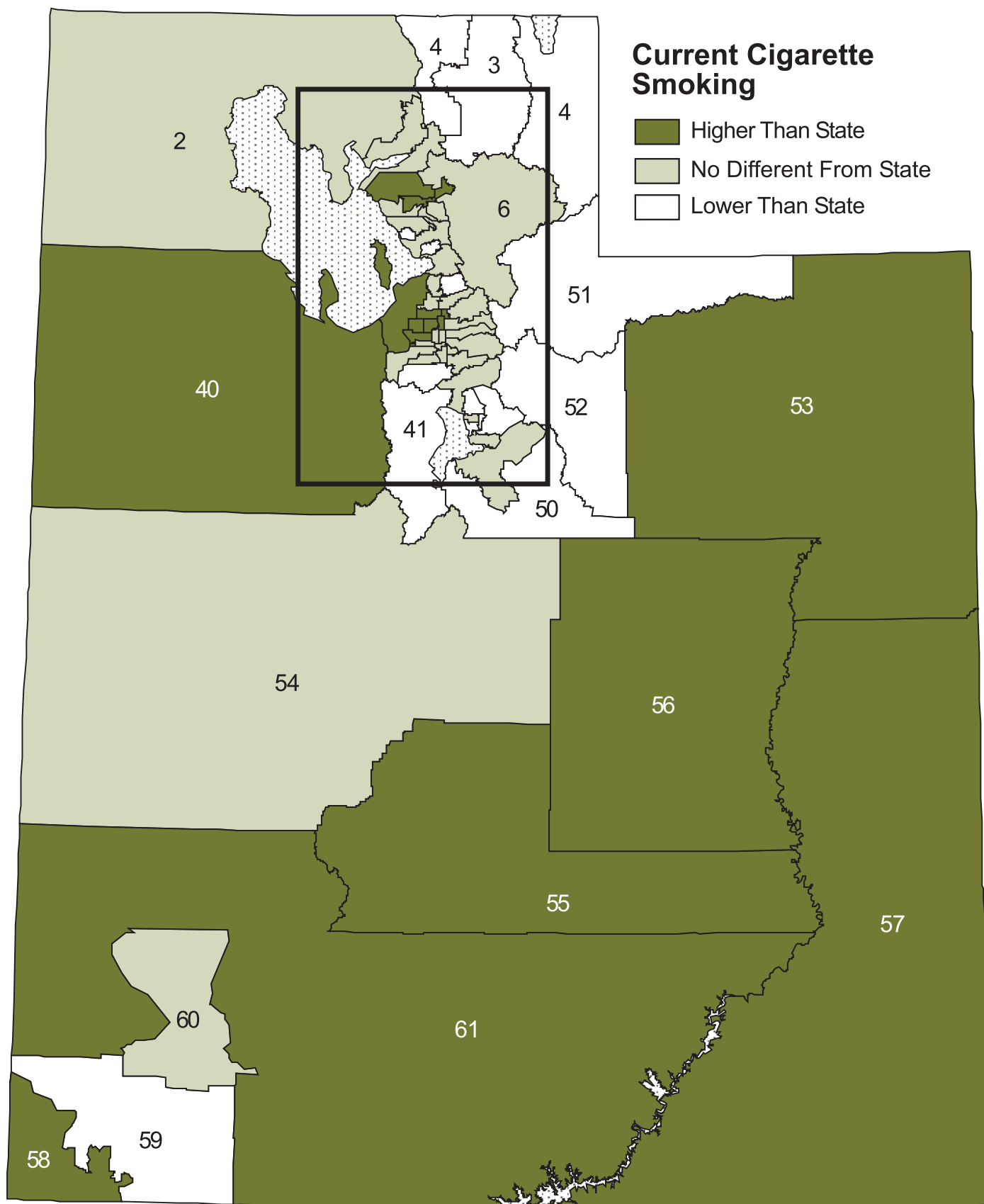
Table 14: Current Cigarette Smoking by Health District, Small Area, Utah, and U.S., 2001-2005

State Rank*	State, Health District, or Small Area	2003 Population 18+	Number of Adult Current Cigarette Smokers	Crude Rate	Age-adjusted Rate	95% Confidence Interval	
						Lower	Upper
	U.S.	217,803,051	47,546,406	21.8%	21.9%	21.8%	22.0%
	State of Utah	1,657,454	197,734	11.9%	11.7%	11.2%	12.2%
	<b>Bear River HD</b>	98,027	6,950	7.1%	6.8%	5.5%	8.5%
38	Brigham City (1)	14,566	2,019	13.9%	13.4%	9.0%	19.5%
8	Logan (3)	45,904	2,612	5.7%	5.4%	3.6%	7.8%
23	Other Box Elder Co. (2)	14,636	1,292	8.8%	9.1%	5.5%	14.5%
5	Other Cache/Rich Co. (4)	22,921	1,038	4.5%	4.2%	2.4%	7.2%
	<b>Central Utah HD</b>	47,558	6,435	13.5%	13.8%	11.8%	16.2%
35	Juab/Millard/Sanpete Co. (54)	31,637	3,790	12.0%	12.3%	10.0%	15.1%
49	Sevier/Piute/Wayne Co. (55)	15,921	2,592	16.3%	16.9%	13.1%	21.5%
	<b>Davis County HD</b>	175,027	17,485	10.0%	9.5%	8.0%	11.3%
10	Bountiful (16)	33,318	1,633	4.9%	6.1%	3.6%	10.1%
34	Clearfield/Hill AFB (11)	37,329	4,562	12.2%	12.0%	8.7%	16.5%
16	Farmington/Centerville (14)	19,034	1,317	6.9%	7.6%	4.1%	13.7%
39	Layton (12)	46,815	6,891	14.7%	13.7%	10.0%	18.5%
9	Syracuse/Kaysville (13)	24,542	1,610	6.6%	5.9%	3.4%	9.9%
27	Woods Cross/North SL (15)	13,989	1,382	9.9%	10.0%	5.7%	17.1%
	<b>Salt Lake Valley HD</b>	658,810	92,431	14.0%	13.5%	12.5%	14.5%
21	Avenues (18)	18,959	1,750	9.2%	8.8%	5.5%	13.8%
32	Cottonwood (28)	33,297	3,896	11.7%	11.6%	8.3%	16.0%
55	Downtown Salt Lake (24)	42,808	9,375	21.9%	20.4%	15.8%	25.9%
28	Foothill/U of U (19)	17,778	2,160	12.2%	10.5%	6.3%	17.1%
59	Glendale (21)	18,642	4,317	23.2%	22.7%	15.0%	32.8%
26	Holladay (27)	35,956	3,365	9.4%	9.8%	6.4%	14.8%
50	Kearns (29)	42,995	8,040	18.7%	17.4%	13.4%	22.3%
58	Magna (20)	15,623	3,340	21.4%	22.5%	15.6%	31.4%
33	Midvale (32)	21,672	2,759	12.7%	11.8%	7.9%	17.3%
30	Millcreek (26)	44,008	4,656	10.6%	11.5%	8.6%	15.3%
45	Murray (31)	24,072	3,558	14.8%	15.2%	10.7%	21.1%
14	Riverton/Draper (39)	41,391	3,320	8.0%	7.2%	4.9%	10.5%
40	Rose Park (17)	22,639	3,523	15.6%	13.7%	9.4%	19.6%
41	Sandy Center (36)	36,106	5,661	15.7%	13.8%	10.0%	18.7%
24	Sandy, Northeast (37)	18,245	1,633	9.0%	9.3%	5.2%	16.1%
12	Sandy, Southeast (38)	20,781	1,692	8.1%	7.0%	3.9%	12.0%
11	South Jordan (35)	20,931	1,576	7.5%	6.9%	3.7%	12.4%
61	South Salt Lake (25)	18,456	4,808	26.1%	26.0%	19.0%	34.4%
43	Taylorsville (30)	27,372	4,089	14.9%	14.5%	10.7%	19.4%
29	West Jordan North (33)	30,391	3,738	12.3%	11.5%	8.0%	16.1%
20	West Jordan/Copperton (34)	26,360	2,473	9.4%	8.7%	5.9%	12.5%
60	West Valley East (23)	35,527	8,626	24.3%	24.2%	19.0%	30.3%
48	West Valley West (22)	44,794	7,499	16.7%	16.2%	12.2%	21.3%
	<b>Southeastern Utah HD</b>	36,828	6,817	18.5%	18.6%	16.3%	21.1%
54	Carbon/Emery Co. (56)	21,451	4,207	19.6%	19.7%	16.9%	22.9%
47	Grand/San Juan Co. (57)	15,377	2,522	16.4%	15.8%	12.3%	20.0%
	<b>Southwest Utah HD</b>	116,150	14,449	12.4%	13.4%	11.3%	15.7%
42	Cedar City (60)	22,401	3,015	13.5%	14.2%	9.7%	20.2%
57	Other Southwest District (61)	15,384	3,126	20.3%	21.5%	15.6%	29.0%
13	Other Washington County (59)	32,503	2,275	7.0%	7.0%	4.3%	11.1%
46	St. George (58)	45,862	5,962	13.0%	15.7%	12.1%	20.1%
19	<b>Summit County HD (51)</b>	24,525	2,222	9.1%	8.7%	6.8%	11.0%
51	<b>Tooele County HD (40)</b>	32,458	5,735	17.7%	17.8%	15.4%	20.5%
53	<b>TriCounty HD (53)</b>	28,023	5,523	19.7%	19.4%	17.2%	21.9%
	<b>Utah County HD</b>	278,832	16,005	5.7%	5.8%	4.8%	7.0%
15	American Fork/Alpine (42)	26,819	2,261	8.4%	7.3%	4.3%	12.1%
3	East Orem (46)	14,955	307	2.1%	3.2%	0.9%	10.7%
7	Lehi/Cedar Valley (41)	18,752	767	4.1%	5.2%	2.3%	11.2%
18	North Orem (44)	25,965	2,430	9.4%	8.3%	4.8%	14.0%
6	Pleasant Grove/Lindon (43)	24,636	1,109	4.5%	4.3%	2.0%	9.0%
1	Provo/BYU (47)	39,401	303	0.8%	0.7%	0.1%	3.2%
17	Provo South (48)	48,138	1,781	3.7%	7.8%	3.9%	15.1%
31	Springville/Spanish Fork (49)	41,036	4,695	11.4%	11.6%	8.4%	15.9%
4	Utah Co. South (50)	17,363	719	4.1%	3.9%	1.9%	8.1%
2	West Orem (45)	21,774	682	3.1%	2.4%	0.9%	6.2%
25	<b>Wasatch County HD (52)</b>	12,514	1,284	10.3%	9.8%	7.9%	12.2%
	<b>Weber-Morgan HD</b>	148,702	20,908	14.1%	14.1%	12.2%	16.1%
56	Ben Lomond (5)	33,215	6,334	19.1%	20.4%	16.2%	25.4%
52	Downtown Ogden (7)	21,684	3,999	18.4%	18.1%	12.4%	25.8%
22	Morgan/East Weber Co. (6)	24,131	2,150	8.9%	9.0%	5.7%	13.9%
44	Riverdale (10)	15,522	2,426	15.6%	15.0%	10.6%	20.7%
36	Roy/Hooper (9)	27,898	3,710	13.3%	12.8%	9.3%	17.4%
37	South Ogden (8)	26,255	3,235	12.3%	13.2%	8.2%	20.6%

\*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

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Figure 14.2: Current Cigarette Smoking by Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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Figure 14.3: Current Cigarette Smoking by Small Area, Wasatch Front, Aged 18+, 2001–2005 (Age-adjusted)

